

Comparisons of Job Characteristics

Focus Occupation: [Fitness Trainers and Aerobics Instructors \(39-9031\)](#)

Associated Occupation: [Physical Therapists \(29-1123\)](#)

[Compare Knowledge](#)

[Compare Skills](#)

[Compare Abilities](#)

[Compare Detailed Work Activities](#)

[Compare Tools and Technologies](#)

<<	Focus occupation element is much lower
<	Focus occupation element is lower
0	Focus occupation element is at a similar level
>	Focus occupation element is at a higher level
>>	Focus occupation element is at a much higher level

Knowledge

Similarity of Focus Occupation to Associated Occupation: 84

Focus Occupation: Fitness Trainers and Aerobics Instructors (39-9031)

Associated Occupation: Physical Therapists (29-1123)

Associated Occupation's Key Knowledge Elements	Average Rating, All Occupations	Associated Occupation's Rating	Focus Occupation's Rating		Evaluation of Focus Occupation
Customer and Personal Service	11.3	18.9	16.8	<	Expanded education and/or training may be required
Therapy and Counseling	3.8	18.9	6.1	<<	Extensive education and/or training may be required
Education and Training	9.2	18.2	16.3	<	Expanded education and/or training may be required
Medicine and Dentistry	3.7	16.4	6.0	<<	Extensive education and/or training may be required
Psychology	6.4	14.9	10.6	<<	Extensive education and/or training may be required
Biology	3.7	9.5	6.2	<<	Extensive education and/or training may be required

The maximum possible rating is 25.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O*NET (Occupation Information Network) data.

Skills

Similarity of Focus Occupation to Associated Occupation: 81

Focus Occupation: Fitness Trainers and Aerobics Instructors (39-9031)

Associated Occupation: Physical Therapists (29-1123)

Associated Occupation's Key Skills Elements	Average Rating, All Occupations	Associated Occupation's Rating	Focus Occupation's Rating		Evaluation of Focus Occupation
Active Listening	11.0	14.4	10.7	<<	Extensive development of skills in this area may be required
Social Perceptiveness	9.1	12.2	10.7	<	A higher skill level may be required
Time Management	8.9	12.2	8.6	<<	Extensive development of skills in this area may be required
Service Orientation	7.9	11.5	11.5	0	Current skill level may be sufficient
Coordination	9.1	11.2	9.6	<	A higher skill level may be required

Operations Analysis	5.0	10.5	6.7	<<	Extensive development of skills in this area may be required
Persuasion	7.4	10.1	7.7	<<	Extensive development of skills in this area may be required
Science	4.5	9.6	2.9	<<	Extensive development of skills in this area may be required

The maximum possible rating is 25.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O*NET (Occupation Information Network) data.

Abilities		Similarity of Focus Occupation to Associated Occupation: 57			
Focus Occupation: Fitness Trainers and Aerobics Instructors (39-9031) Associated Occupation: Physical Therapists (29-1123)					
Associated Occupation's Key Abilities Elements	Average Rating, All Occupations	Associated Occupation's Rating	Focus Occupation's Rating	Evaluation of Focus Occupation	
Problem Sensitivity	11.1	14.3	9.0	<<	Extensive improvement in abilities may be required
Deductive Reasoning	10.6	14.0	8.4	<<	Extensive improvement in abilities may be required
Inductive Reasoning	10.2	13.6	8.1	<<	Extensive improvement in abilities may be required
Category Flexibility	9.0	10.8	8.0	<<	Extensive improvement in abilities may be required
Static Strength	5.0	9.0	10.8	>	Current ability level is likely sufficient
Extent Flexibility	4.8	8.3	12.3	>>	Current ability level is likely more than sufficient
Dynamic Strength	3.5	7.9	12.2	>>	Current ability level is likely more than sufficient
Stamina	4.0	7.9	13.8	>>	Current ability level is likely more than sufficient

The maximum possible rating is 25.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O*NET (Occupation Information Network) data.

Activities that Both Occupations Have in Common		Similarity of Focus Occupation to Associated Occupation: 56
Focus Occupation: Fitness Trainers and Aerobics Instructors (39-9031) Associated Occupation: Physical Therapists (29-1123)		
Work Activities	Exclusivity of Activity	
Use interpersonal communication techniques	10	
Use massage therapy procedures	81	

Not all positions in these occupations will necessarily perform all of the listed activities. The exclusivity rating is an indication of how unique the activity is amongst all occupations. The maximum rating is 100. High scores indicate that only a small number of occupations engage in that activity.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O*NET (Occupation Information Network) data.

Tools and Technologies that Both Occupations Have in Common

Similarity of Focus
Occupation to Associated
Occupation: 80

Focus Occupation: Fitness Trainers and Aerobics Instructors (39-9031)

Associated Occupation: Physical Therapists (29-1123)

Tools and Technologies	Exclusivity
Aerobic training equipment	47
Blood pressure units and related products	11
Business function specific software	1
Computers	1
Content authoring and editing software	1
Finance accounting and enterprise resource planning ERP software	2
Industry specific software	1
Medical exam size measuring devices	24
Rehabilitation exercise devices and equipment	24
Weight and resistance training equipment	70

Not all positions in these occupations will necessarily use all of the listed tools and technologies. The exclusivity rating is an indication of how unique the tool or technology is amongst all occupations. The maximum rating is 100. High scores indicate that only a small number of occupations use that tool or technology.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O*NET (Occupation Information Network) data.